

Introduction to Child-Parent Psychotherapy: An evidence-based treatment for young children who have experienced trauma

Wednesday, July 22 and Thursday, July 23, 2009
8:30 a.m. to 4 p.m.

Auditorium at Western Psychiatric Institute
and Clinic of UPMC
3811 O'Hara St.
Pittsburgh, PA 15213

Presenter

Chandra Ghosh Ippen, PhD, Associate Research Director, Child Trauma
Research Project, University of California-San Francisco

Program Description

Children, ages birth to five, are highly vulnerable to exposure to interpersonal traumas, including abuse, witnessing domestic violence, and traumatic loss. Child-Parent Psychotherapy (CPP) is an evidenced-based treatment for young children with research supporting its efficacy with ethnically diverse children who have experienced domestic violence and maltreatment. In this model, children are seen together with their primary caregiver(s). The overarching goal of the treatment is to support and strengthen the caregiver-child relationship as a vehicle to long-term healthy child development. Over the course of treatment, caregivers and the child are guided in creating a joint narrative of the traumatic event that includes understanding how the event has affected their sense of safety and their views of relationships and identifying and addressing traumatic triggers that generate dysregulated affect and behaviors.

This workshop provides participants with an overview of CPP, including theoretical models central to CPP, key principles, treatment goals, core skills, and a review of the empirical literature supporting the use of the model. Participants will gain familiarity with how to use a relationship-based approach to help minimize the impact of trauma exposure on young children and their caregivers. Video and clinical vignettes will be used to illustrate core concepts. Discussion also will focus on the use of this model with ethnically diverse families.

Target Audience

Psychiatrists, psychologists, social workers, counselors, and other mental health professionals who provide intensive mental health services to children with a history of trauma.

Educational Objectives

- Participants will learn about the symptoms young children often exhibit following trauma exposure and will be able to name at least four key symptoms of Traumatic Stress Disorder.
- Participants will gain familiarity with the basic developmental tasks of early childhood and will gain an understanding of how trauma can affect child development.

- Participants will become familiar with the results of five randomized trials supporting the use of CPP.
- Participants will be able to identify three core treatment goals that CPP shares with other evidence-based, trauma-focused treatments and understand how the child's developmental stage affects the way treatment is conducted.
- Participants will learn two core CPP skills and will gain experience practicing them through vignettes and videos.

Continuing Education Credits

Psychologists

Western Psychiatric Institute and Clinic of UPMC is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic of UPMC maintains responsibility for this program and its contents. This program is being offered for 12.0 continuing education credits.

Counselors

Western Psychiatric Institute and Clinic of UPMC is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. Western Psychiatric Institute and Clinic of UPMC adheres to the NBCC Continuing Education Guidelines. This program is being offered for 12.0 continuing education credits.

Social Workers

12.0 credit hours of continuing education are provided through co-sponsorship of the University of Pittsburgh School of Social Work, a PA-approved provider of social work continuing education. These credit hours satisfy requirements for LSW renewal. For information on social work continuing education, call 412-624-3711.

Pennsylvania Educators

Western Psychiatric Institute and Clinic of UPMC is recognized by the Pennsylvania Department of Education to offer continuing education credits under the Act 48 guidelines. Western Psychiatric Institute and Clinic of UPMC adheres to the Act 48 Continuing Education Guidelines. Pennsylvania Educators will receive 12.0 hours of Act 48 credit for attending this complete program.

Mental Health Professionals

Nurses and other health care professionals are awarded 1.2 Continuing Education Units (CEU's) which are equivalent to 12 hours of instruction.

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